

*FALL 2003 & SPRING 2004*

# *Boating*

*Mt. Baker Rowing and Sailing Center*

*Rowing ~ Sailing ~ Sailboarding ~ Kayaking*

**MISSION:**

*Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.*

## Table of Contents

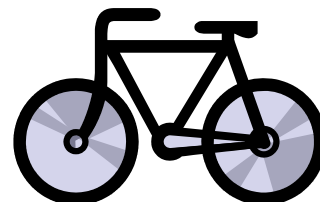
<i>Adult Rowing</i>	<i>4-6</i>
<i>Youth Rowing</i>	<i>7</i>
<i>Youth Sailing</i>	<i>8</i>
<i>Open Sailing</i>	<i>8</i>
<i>Sailboarding</i>	<i>9</i>
<i>Sailing</i>	<i>9</i>
<i>Adult Sailing</i>	<i>10</i>
<i>Facility Expansion</i>	<i>11</i>
<i>Policies and Procedures</i>	<i>12</i>
<i>City Pools and Boat Ramps</i>	<i>13</i>
<i>Float Test</i>	<i>14</i>
<i>Spring 2004 Registration Form</i>	<i>14</i>
<i>Fall 2003 Registration Form</i>	<i>15</i>

## Special Events

### Bicycle Saturdays and Sundays

Portions of Lake Washington Boulevard will be closed off to vehicles to allow for enjoyable bike riding. The road closure occurs every 2nd Saturday and every 3rd Sunday, from 10am - 6pm May through September. You may access our facility by car from 46th Ave off Genesee Blvd.

Classes will be held at Mount Baker during these special days. Please allow sufficient time to find parking along 43rd Ave South, or even come by bike!



### Fall 2003

#### Tri-Mountain Regatta Sunday, October 12 - All Day

The 17th Annual Tri-Mountain rowing regatta is a 3 mile "head style" race. The course runs south of the I-90 towards Seward Park then back around to Stan Sayres Park. All sizes of rowing craft, from eight-oared shells to open water singles, are eligible to race. For more information, please call 206-386-1913 or e-mail [mount.baker@seattle.gov](mailto:mount.baker@seattle.gov).

#### Polar Bear Sail

#### Sunday, December 7 - 1:00-5:00pm

Brave the elements for the last sailing of 2003! A Mt. Baker Open Sailing Certificate is required. Join us anytime from 1:00-5:00pm for an hour or more of sailing. There will be warm beverages and snacks to warm you up when you return to the boathouse. Please call 206-386-1913 or e-mail [mount.baker@seattle.gov](mailto:mount.baker@seattle.gov) if you intend to join us.

### Annual Christmas Ship<sup>tm</sup>

Wednesday, December 3  
7:30-8:00pm

The Christmas Ship will arrive at Stan Sayres Park at approximately 7:30pm.

### Annual Silent Auction

Wednesday, December 3  
6:00-8:30pm

While you peruse the many items up for auction, sing carols, enjoy hot cider and cookies at the Mt. Baker Rowing and Sailing Center. There will be photo opportunities for young ones and/or our leashed four legged friends, with our special guest for the evening, Santa. At the end of the evening take home the perfect gift that you timed the bid on perfectly.

### Spring 2004

#### Seattle Sprints Regatta Saturday, April 17 - All Day

This sprint style regatta features all ages of athletes. From first time racers to well-honed crews, this event is a joy to participate in and fun to watch. The start is near Mt. Baker Beach and finishes at Stan Sayres Park. For more information, please call 206-386-1913 or e-mail [mount.baker@seattle.gov](mailto:mount.baker@seattle.gov).

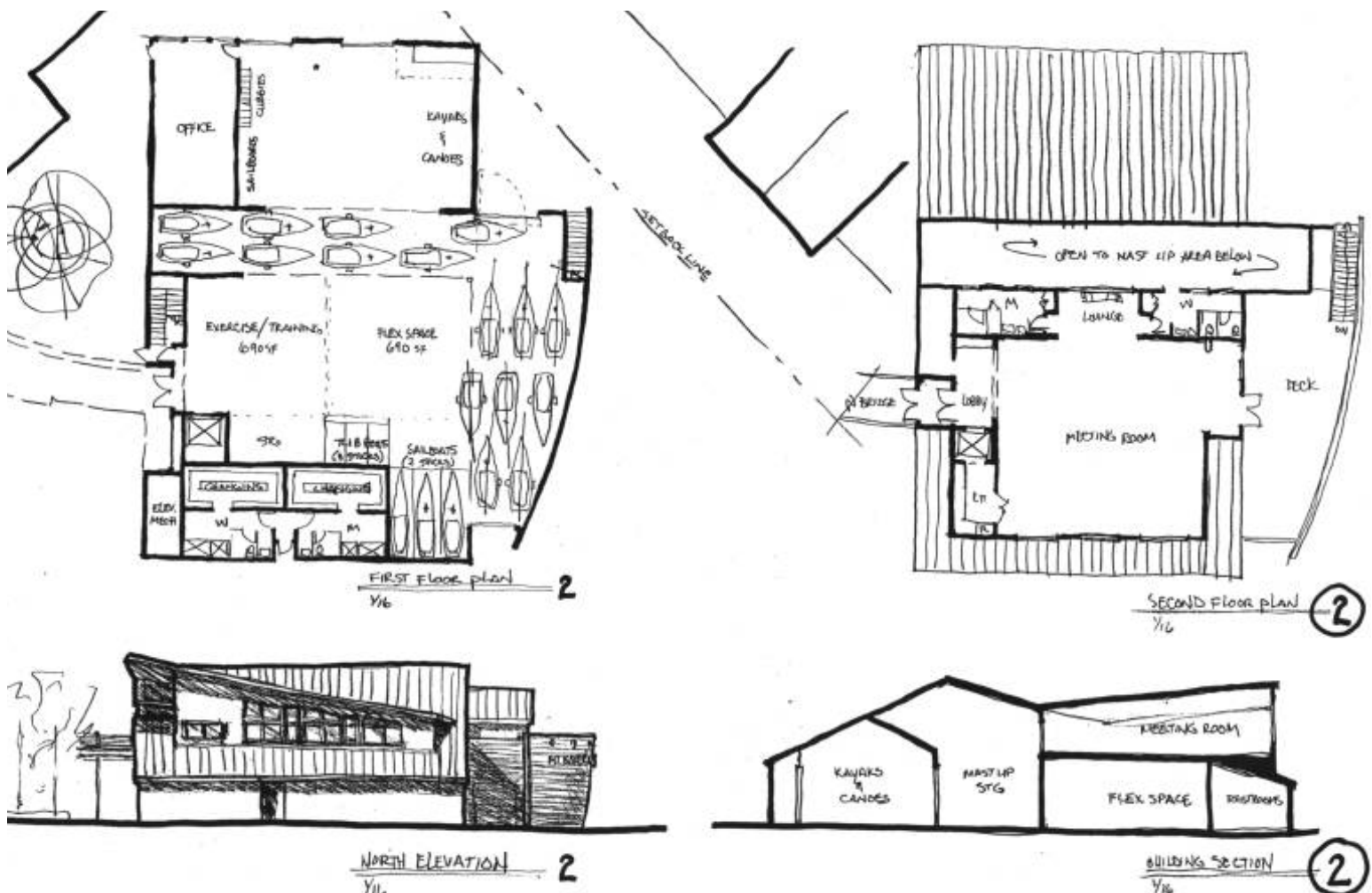
# Boating Advisory Council

The Boating Advisory Council is a group of citizens dedicated to the enrichment of our community. It's support enables Mt. Baker Rowing and Sailing Center to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are usually held, the third Wednesday evening of the month, to talk about programs, policies and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact the office staff at 206-386-1913.

Most classes, special events, equipment purchases and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations and contributions to buy, repair, maintain and upgrade program equipment and supplies.

The Boating Advisory Council has taken on the task of ensuring the growth of programs at Mt. Baker through the facility expansion project. Below are some of the drawings of the proposed expansion. For more information or ways to contribute, please see page 11.



# Adult Rowing



## Introduction to Rowing

Curious about rowing? Want to understand the difference between sweep and sculling? Here's your chance for a quick introduction to a fast growing sport. Learn the fundamentals on land and water. Class is 2.5 hours. Ages 12 and up; 12-15 year olds must be accompanied by an adult. Sign up early!

### FALL 2003

#### Saturday

3308.3	9:30am	August 23	\$25
3309.3	9:30am	Sept 20	\$25
3310.4	9:30am	October 19	\$25

### SPRING 2004

#### Saturday

3302.1	9:30am	February 21	\$25
3303.1	9:30am	March 27	\$25
3304.2	9:30am	April 24	\$25
3305.2	9:30am	May 22*	\$25

\*National Learn to Row Day

## LEARN to Row - Adults (1)

Our learn to row classes teach the fundamentals of rowing. This "on the water" class will cover the basics of the rowing stroke, boat handling, water safety, rowing terms, coxing skills and equipment care. Students begin with dockside rowing and progress to rowing sleek rowing shells. Satisfactory completion of this class will qualify you for our novice rowing program. A complete medical assessment, by a licensed professional, is strongly recommended for all adult rowers. **A current Float Test is required.** Low income scholarships are available. Tuesday and Thursday classes are 1.5 hours, **Saturday class is from 7:00am-9:00am.**

### FALL 2003

#### Morning

3412.3	6:00am	TThSa	Sept 2-27	\$95
3413.3	6:00am	TThSa	Sept 30-Oct 25	\$95

### SPRING 2004

#### Morning

3401.1	6:00am	TThSa	March 2-27	\$95
3402.2	6:00am	TThSa	April 1-29	\$95
3403.2	6:00am	TThSa	May 4-27	\$95

#### Evening

3404.2	6:00pm	TThSa	May 4-27	\$95
--------	--------	-------	----------	------

## CONTACT INFORMATION

Visit our Website to stay up to date with class availability:

[www.mtbakercrew.com](http://www.mtbakercrew.com)

You can e-mail Mount Baker for any non-urgent message or inquiry:

[mount.baker@seattle.gov](mailto:mount.baker@seattle.gov)

The comparable address for Green Lake Small Craft is:

[glrowing@aol.com](mailto:glrowing@aol.com)

Contact the Seattle Parks and Recreation information line for other City resources and activities:

**206-684-4075**

Or on-line at:

[www.cityofseattle.net/parks](http://www.cityofseattle.net/parks)

# Adult Rowing

## Novice Crew - Adults (2)

Continue to fine tune your rowing technique, improve your skills with drills and increase your aerobic capabilities with rowing. Instruction will be given for sweep rowing and sculling. Prerequisite for this class is a minimum of one Learn to Row course or equivalent. Your next step may be to move on to Mt. Baker Adult Crew. A complete medical assessment, by a licensed professional, is strongly recommended for all adult rowers. **A current Float Test is required.**

**Practice Schedule:** Tues and Thur classes are 2 hrs. Saturday class is 2 hours, starting at 7:00am.

### FALL 2003

#### Morning

3513.3	5:30am	TThSa	Sept 2-30	\$84
3515.4	5:30am	TThSa	Oct 2-Nov 6	\$105

#### Evening

3512.3	6:00pm	TThSa	Sept 2-30	\$84
3514.4	6:00pm	TThSa	Oct 2-Nov 6	\$105

### SPRING 2004

#### Morning

3503.1	5:30am	TThSa	March 2-30	\$84
3504.2	5:30am	TThSa	April 1-29	\$84
3505.2	5:30am	TThSa	May 4-27	\$84

#### Evening

3506.2	6:00pm	TThSa	May 4-27	\$84
--------	--------	-------	----------	------

## CLOSURES

- \*H** No class on the following holidays: Aug 30-Sept 1, Nov 11, Nov 27-30, Dec 22-Jan 2, Jan 17-19, Feb 14-16 and May 29-31.
- \*S** No class on the following Special Event days: Oct 12 and April 17.

## PERSONAL INSTRUCTION

Personal instruction is available to beginners or for those interested in advancing their current level of skill in **rowing, sailing or sail boarding**. Instruction may be given to one individual or up to four equally skilled participants. For further information and pricing please call (206)-386-1913 or stop by to speak with the office staff.

# Adult Rowing

## Adult Intermediate/Recreational Rowing (3)

Join this mid-morning group to continue to develop your rowing skills, increase your aerobic capacity, improve your overall condition and just enjoy the serenity of the sport. You may participate in local regattas in sweep and/or sculling boats. Start times are listed and classes are 2 hours. A complete medical assessment, by a licensed professional, is strongly recommended for all adult rowers. **A current Float Test is required.**

### FALL 2003

3609.3	9:00am	MWF	Sept 3-29		\$84
3610.4	9:00am	MWF	Oct 1-31		\$84
3611.4	9:00am	MWF	Nov 3-26	*H	\$84
3612.4	9:00am	MWF	Dec 1-22	*H	\$84

### SPRING 2004

3601.1	9:00am	MWF	Jan 5-30	*H	\$84
3602.1	9:00am	MWF	Feb 2-27	*H	\$84
3603.1	9:00am	MWF	Mar 1-31		\$84
3604.2	9:00am	MWF	Apr 2-30		\$84
3605.2	9:00am	MWF	May 3-28	*H	\$84

## OPEN ROWING

Drop-in rowing is available for intermediate to advanced rowers. Purchase and Open Rowing Card, good for 10 rowing sessions, for a **Non-Refundable** fee of \$90. A current float test and signed release form must be on file. Cards are valid for one year from purchase date. The Open Rowing card may be used during the following practices:

Mon/Wed/Fri	9:00-11:00am
Saturday	7:00-9:00am

## Intermediate/Advanced Crew - Adults (4)

Once you have successfully completed a series of rowing classes or equivalent experience, you are ready to join this program for continued rowing fitness and competition. On and off the water conditioning, advanced rowing technique, and racing skills are included for those interested in competition. Regattas are attended locally, regionally, and nationally throughout the year. Pre-dawn rowing is now available. Evening water workouts are determined by available daylight. A complete medical assessment, by a licensed professional, is strongly recommended for all adult rowers. **A current Float Test is required.**

### Practice Schedule:

**All practices are 2 hours.**

Tues and Thurs.	5:30 am or 6:00 pm
Saturday	7:00am

### FALL 2003

3709.3	Sept 2-30	TThSa	\$84
3710.4	Oct 2-Nov 6	TThSa	\$105

### SPRING 2004

3703.1	March 2-30	TThSa	\$84
3704.2	April 1-29	TThSa	\$84
3705.2	May 4-29	TThSa	\$84

## Conditioning for Adult Rowing



Experience that great feeling of being fit and fast for the upcoming racing season. This 1.5 hour class will give you the edge for rowing. Some activities will include erging, calisthenics, and weight lifting. Saturday classes are two hours and will include some on-the-water technical development.

### Practice Schedule:

Tues and Thurs.	6:00am or 6:00pm
Saturday	7:30-9:30am

### FALL 2003

3711.4	TTh	Nov 18-Dec 18	\$42
3712.4	Sa	Nov 15-Dec 20	\$35

### SPRING 2004

3701.1	TTh	Jan 6-29	\$37
3751.1	Sa	Jan 3-31	*H \$28
3702.1	TTh	Feb 3-26	\$37
3752.1	Sa	Feb 7-28	*H \$21

# Youth Rowing

Rowing on a team is a great experience! A sense of accomplishment and pride are gained as youth work to meet the physical and mental challenges of the sport of rowing. The class is open to boys and girls ages 13-18 and in grades 8-12. Classes teach the basic fundamentals of the stroke as well as boat handling, water safety, and care of equipment. All classes are geared towards competitive rowing.

## Fall 2003

First round of registration for Fall is due by **12:00 noon on Friday, September 5. Walk-in and Mail-in Registration ONLY through September 5**; starting September 6, phone-in and fax-in registrations will also be accepted, if space is still available. A lottery system will be used if enrollment exceeds capacity on **September 5**. Low income scholarships and/or discounts are available for Seattle residents. The cost of this program also covers one local regatta. Occasional additional practices may be scheduled. There is a 10% discount for additional family members enrolling in junior crew.

**MANDATORY Parent/Guardian Meeting:** Tuesday, September 9 at 6:30pm at Mt. Baker Rowing and Sailing Center.

**Novice:** If your athlete started rowing after June 1, 2003, register him/her in the Novice program. Attendance is required for all Novices the first two weeks of practice. Novice practices are 2 hours.

<b>Girls:</b>	3104.4	M-F	4:00-6:00pm	Sept 10-Nov 10	*H	\$175
<b>Boys:</b>	3105.4	M-F	4:00-6:00pm	Sept 10-Nov 10	*H	\$175

**Experienced:** Attendance at all practices is encouraged. Experienced practice is planned for 2 1/2 hours, with 1/2 hour being an optional on-land workout.

<b>Girls:</b>	3204.4	M-F	4:00-6:30pm	Sept 10-Nov 10	*H	\$175
<b>Boys:</b>	3205.4	M-F	3:30-6:00pm	Sept 10-Nov 10	*H	\$175

## Spring 2004

First round of registration for Spring is due by **6:00pm on Thursday, January 15. Mail-in and walk-in registration will be accepted after December 10**, starting January 29 phone-in and fax-in registration will also be accepted, if space is still available. A lottery system will be used if enrollment exceeds capacity on **January 15**. Low income scholarships and/or discounts are available. The cost of this program also covers one local regatta. Fees are subject to change with out notice. Occasional additional practices may be scheduled. There will be **no Crew Feb 16**. There is a 10% discount for additional family members enrolling in junior crew.

**Novice:** If your athlete started rowing after June 1, 2003, register him/her in the Novice program. Attendance is required for all Novices the first two weeks of practice. Novice practices are 2 hours.

<b>Girls:</b>	3104.4	M-F	4:00-6:00pm	Feb 3-May 17	*H	\$275
<b>Boys:</b>	3105.4	M-F	4:00-6:00pm	Feb 3-May 17	*H	\$275

**Experienced:** Attendance at all practices is encouraged. Experienced practice is planned for 2 1/2 hours, with 1/2 hour being an optional on-land workout.

<b>Girls:</b>	3202.2	M-F	4:00-6:30pm	Feb 3-May 17	*H	\$ 295
<b>Boys:</b>	3105.4	M-F	3:30-6:00pm	Feb 3-May 17	*H	\$ 295

## SPRING 2004 - Conditioning for Junior Crew

Experience that great feeling of being fit and fast for the upcoming racing season. This 1.5 hour class will give you the edge for rowing. Some activities will include erging, calisthenics, and weight lifting. There may also be some on-the-water technical development. Experienced varsity rowers only. Maximum enrollment is 20. Mail-in and Walk-in registration will begin December 10.

<b>Girls:</b>	7101.1	M-Th	4:00-5:30pm	Jan 5-29	*H	\$ 65
<b>Boys:</b>	7102.1	M-Th	4:00-5:30pm	Jan 5-29	*H	\$ 65

# Youth and Open Sailing

## CONTACT INFORMATION

Visit our Website to stay up to date with class availability:

**www.mtbakercrew.com**

You can e-mail Mount Baker for any non-urgent message or inquiry:

**mount.baker@seattle.gov**

Contact the Seattle Parks and Recreation Info Line for other City resources and activities:

**206-684-4075**

Or on-line at:

**www.cityofseattle.net/parks**



## YOUTH SAILING

Take advantage of the breezes to expand your sailing skills and knowledge. Learn new sailing tactics and techniques to increase your speed and precision as you maneuver through a sailing course. The team will focus on racing fundamentals, safety, responsibility, and FUN. Practices will use our fleet of Optimists, Laser I's, II's and 420's. There may be opportunities for athletes to participate at local regattas on some Saturdays and/or Sundays. Cost does not include regatta expenses.

Youth sailing is open to participants who are between the ages of 10-18 AND in grades 5-12. **Some sailing experience is necessary.** Occasional additional practices may be scheduled.

### FALL 2003

2603.4 Mon & Wed 4:00-6:30pm Sept 8-Oct 13 \$163

### SPRING 2004

2602.2 Mon & Wed 4:00-6:30pm April 19-June 9 \*H \$207

## OPEN SAILING PROGRAM Lasers, 420's, and Sail boards

SAILING enthusiasts wanted! Lasers, Laser II's, and Sailboards are available for drop-in OPEN sailing. This program is open to all sailors who have a current Mt. Baker Sailing Certificate, which must be presented at time of registration. Certificates are given to participants who have successfully completed Youth Sailing, Learn to Sail, Continuing Sailing, Racing, Beginning Sailboarding or have taken the Sailing Review/ Challenge course. Please check with the office for more information.



Sailboards and Laser I's are \$20, Laser II's and 420's are \$25. All prices are good for the first two hours of sailing, additional time is \$10 per hour. You may drop-in for Open Sailing any time between 1pm and 4:00pm and may sail until 7pm during extended hours. **All participating sailors (skipper and crew) must have a current Float Test.**

### FALL 2003

#### Sunday

September 7 through October 26 \*S 1:00-5:00pm  
November 2, December 7 1:00-5:00pm

### SPRING 2004

#### Sunday

Feb 21, March 21, April 18, May 16 1:00-5:00pm  
Starting June 6 - Every Sunday 1:00-7:00pm

## NEW!!! Middle School Boating

Spend your mid-winter or spring break learning the fundamentals of two of the fastest growing sports, rowing and sailing. Learn the fundamentals of the rowing stroke and boat handling in one of our many sleek multi-person shells. You'll also learn the basics of sailing one of our dinghy-type sailboats. This hands-on class will focus on boating safety, teamwork, responsibility and FUN!

Participants must be in 6th or 7th grade. Camp days and start times are listed and each session is three hours.

### SPRING 2004

1301.1 T-F 12:00pm Feb 17-20 \$60  
1302.1 M-F 12:00pm April 5-9 \$75

## PERSONAL INSTRUCTION

Personal instruction is available to beginners or for those interested in advancing their current level of skill in **rowing, sailing and sail boarding**. Instruction may be given to one individual or up to four equally skilled participants. For further information and pricing please call (206)-386-1913 or stop by to speak with the office staff.

# Sail boarding and Sailing

## Sail boarding: Beginning

Gain the fundamentals of sailboarding as a solid base for fun in the future! Skills include rigging, terms, balance, stance, wind knowledge, and sail adjustment. Instructors will utilize the teaching techniques and stable recreation boards with smaller sails to increase control, as well as a dry land sailboard simulator. All equipment is provided. Participants who successfully complete this class may check-out boards during Open Sailing Program. Must weigh at least 90 pounds. **A current Float Test is required.** Classes are 3 hours in length.



### FALL 2003

#### Saturdays

4411.3	12:30pm	Sept 6-20	\$66
4412.4	12:30pm	Sept 27-Oct 11	\$66

### SPRING 2004

#### Saturdays

4401.2	12:30pm	May 8-22	\$66
--------	---------	----------	------

#### Mon/Wed

4402.2	6:00pm	May 19-26	\$66
--------	--------	-----------	------

## Sailing Challenge/Quick Review

This class is directed towards sailors who have experience and knowledge of small boat/dinghy handling. Bring a change of clothes. In passing this course you will receive the open sailing card for our laser fleet, necessary to participate in our Open Sailing Program. The curriculum focuses on site specific safety concerns and procedures; participants must also demonstrate good boating skills. Participants will be tested on the many aspects of sailing, such as: rigging, safety, and capsize/turtle recovery. There will be a skills exam; practical and written. A minimum of 3 enrollees are needed to run the class. **A current Float Test is required.** Class length is 3.5 hours.

### FALL 2003

#### Sunday

2907.3	1:30pm	Sept 21	\$35
2908.4	1:30pm	Oct 19	\$35

### SPRING 2004

#### Sunday

2901.1	1:30pm	February 21	\$35
2902.1	1:30pm	March 21	\$35
2903.2	1:30pm	April 18	\$35
2904.2	1:30pm	May 16	\$35

## CLOSURES

**\*H** No class on the following holidays: Aug 30-Sept 1, Nov 11, Nov 27-30, Dec 22-Jan 2, Jan 17-19, Feb 14-16 and May 29-31.

**\*S** No class on the following Special Event days: Oct 12 and April 17.

## Introduction to Sailing



**Interested in a family outing?** This class is designed for the beginner who is looking for an introduction to sailing on a larger more stable boat. The Flying Scot is an 18 foot centerboard sailboat located at Leschi Marina. Maximum enrollment is 5 adults, for quality personal instruction. The class is 3.5 hours and meets at Mt. Baker Rowing and Sailing Center for orientation, then you must travel to Leschi Marina (approx. 2.5 miles north of Mt. Baker). Directions and a map will be provided during your orientation.

### FALL 2003

#### Sunday

2957.3	1:30pm	Sept 21	\$35
2958.4	1:30pm	Oct 19	\$35

### SPRING 2004

#### Sunday

2951.1	1:30pm	February 21	\$35
2952.1	1:30pm	March 21	\$35
2953.2	1:30pm	April 18	\$35
2954.2	1:30pm	May 16	\$35



# Adult Sailing

## LEARN to Sail: Adults

Take advantage of Mt. Baker's double-handed Lasers! Learn rigging, sailing theory, water safety, and more. Plan to bring a change of clothes on the first day. Participants who successfully complete this class are awarded a Mt. Baker Sailing Certificate for participation in more advanced classes or Mt. Baker's Open Sail Program. Instructional sailing books are available for \$15. Participants must attend the first 10 hours of class time. Low income scholarships are available. A **current Float Test is required**. Starting times are listed. Saturday classes are 5 hours and Mon/Wed classes are 3 hours.

### FALL 2003

#### Saturdays

2409.3	11:00am	Sept 6-27	\$120
2410.4	11:00am	Oct 4-25	\$120

### SPRING 2004

#### Saturdays

2401.2	11:00am	March 20-April 10	\$120
2402.2	11:00am	May 1-22	\$120

#### Mon & Wed

2403.2	6:00pm	May 19-June 14	\$120
--------	--------	----------------	-------

## CONTACT INFORMATION

Visit our Website to stay up to date with class availability:

**[www.mtbakercrew.com](http://www.mtbakercrew.com)**

You can e-mail Mount Baker for any non-urgent message or inquiry:

**[mount.baker@seattle.gov](mailto:mount.baker@seattle.gov)**

The comparable address for Green Lake Small Craft is:

**[glowing@aol.com](mailto:glowing@aol.com)**

Contact the Seattle Parks and Recreation Info Line for other City resources and activities:

**206-684-4075**

Or on-line at:

**[www.cityofseattle.net/parks](http://www.cityofseattle.net/parks)**



## Continuing Sailing: Adults

Expand your sailing skills on our Laser I's and 420's. Refine your knowledge of the basic sailing skills taught in the Learn to Sail class. Learn additional skills and techniques designed to help you harness the wind effectively. Rules of racing and tactical skills will also be introduced, subject to interest. Taking repeat classes is encouraged: the curriculum will be tailored to the student's skill level. A Mt. Baker Sailing Certificate — which can be obtained from the successful completion of a Learn to Sail, our Review/Challenge Course or equivalent sailing experience — is required. A **current Float Test is required**. Saturday classes are 4 hours.

### FALL 2003

#### Saturdays

2509.3	12 noon	Sept 6-27	\$100
2510.4	12 noon	Oct 4-25	\$100

### SPRING 2004

#### Saturdays

2501.2	12 noon	March 20-April 10	\$100
2502.2	12 noon	May 1-22	\$100

#### Mon & Wed

2503.2	6:00pm	May 24-June 14	\$100
--------	--------	----------------	-------

## CLOSURES

**\*H** No class on the following holidays:  
Aug 30-Sept 1, Nov 11, Nov 27-30,  
Dec 22-Jan 2, Jan 17-19, Feb 14-  
16 and May 29-31.

**\*S** No class on the following Special  
Event days: Oct 12 and April 17.

## **New News about the Boathouse Expansion Project!!!**

Over the last eighteen months, we sent many letters and flyers telling our participants and supporters about the Boat House Expansion Project. We want to give you an update.

Building a new boathouse is a complicated endeavor ~ especially because the new boathouse is located on the shores of Lake Washington where groundwork is allowed only April through October. If every duck were to line up in a row and we were able to complete the permit process and let the contract by the first of the year, construction could begin in April 2004. If not, construction will start in the spring of 2005. Because the city requires we have the construction money in hand before we proceed, we are continuing our fundraising to be prepared for a spring 2004 start.

**June 15, 1985 ~ June 15, 2005**

In June 2005, Mount Baker Rowing and Sailing will celebrate its 20<sup>th</sup> Anniversary. We hope to complete our new boathouse by then. Over the last two decades, Mount Baker Rowing and Sailing Center has grown into an important community resource providing a wide variety of boating programs. From our celebrated national rowing program to summer boating camps and sailing classes to our masters' crew, Mount Baker is growing. Thank You to all who have supported Mt. Baker and the Expansion project up to this point, and Thank You to all who participate in our future successes.

**Be part of the celebration.**

We are committed to keeping our facility and programs the best in the nation. You can help us meet these challenges. Your generous donation will help build a state of the art facility in one of the most beautiful places in the country, the shores of Lake Washington and the best place to see both Mount Rainer and Mount Baker.

**There are several ways to help.**

Remember your best Baker memory by purchasing a commemorative brick in the Walk of Champions. Participate in The Great Baker Cyber Antique Auction by donating vintage and antique furniture and collectibles for us to sell at auction. In September, you will receive order forms and pick-up information. In addition to the brick sale and Cyber Auction, we are looking for opportunities to sell naming rights to various parts of the building. And, to make our money go as far as possible, we need in-kind donations of professional services, and materials. If you have donations, of any kind, please call Boating Council Member Alan Dyckman at 206-722-2532, or e-mail Alan at [addsrd@hotmail.com](mailto:addsrd@hotmail.com).

**And, of course, we need just plain money.**

**Please give generously.**

Mount Baker Rowing and Sailing Center is an exceptional Seattle Parks & Recreation facility serving the needs of the surrounding community for nearly a generation. Together, we will build on that tradition of excellence. In two years, we'll be able to say, "we built a new boathouse at Mount Baker."

**THANK YOU!!!**

***The Mt. Baker Boating Advisory Council***



# ***Policies and Procedures***

## **Payment**

You can pay for classes and other activities by mail, in person during regular facility hours, or via fax with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to Boating Advisory Council. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. Exact cash only please.



## **Scholarships**

The Boating Advisory Council in partnership with Seattle Parks and Recreation wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to waive some or all fees, offer activities on a sliding scale, allow for an exchange of activities for volunteer service, or offer scholarships. Reduced fees are intended mainly for families or individuals in our Seattle neighborhood who are on public assistance or who are unemployed. To apply for reduced fees or scholarships, please talk to a member of our staff.

## **Fees and Charges**

The Boating Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs and defray operating costs for Seattle Parks and Recreation. Class and program fees include Washington State sales tax where applicable. A portion of the fees are approved by Seattle City Council and are subject to change without notice.

## **ADA Compliance**

Reasonable accommodation will be made on request for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, call the facility selected or call V/TDD 223-7061. If possible, please allow ten working days notice.

## **Non-discrimination**

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or the presence of any sensory, mental or physical handicap. (Seattle Municipal code 18.12.280).

## **Refunds**

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

### **CANCELLATIONS:**

- Any person who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we will cancel it. We'll try to notify you at least two days before the class start date.

### **DAY CAMPS:**

- Any person who registers for a day camp, and who requests a refund 14 days or more before its start, may receive a refund minus a 10% service charge. No refunds will be made for cancellations fewer than 14 days prior to the camp.

### **CLASSES:**

- A participant may be issued a refund for the minus the first class and a 10% service charge, if he/she notifies the program coordinator prior the first class session.

For specific information please read the entire policy; which is available upon request.

### **Seattle Parks and Recreation Professional Staff**

Ken Bounds - Superintendent

Herbye White - Recreation Support Division Director

Kathy Whitman - Aquatics Manager

Peggy Tosdal - Senior Recreation Program Specialist - MBRSC

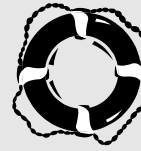
Emily Hadley - Office Assistant - MBRSC

# Pools and Boat Ramps

## CITY POOLS

<b>Ballard Pool</b> Served by Metro Bus #15	1471 NW 67th 206-684-4094
<b>Evans Pool</b> Served by Metro Bus #16, 26, & 48	7201 E Green Lake Dr N 206-684-4961
<b>Madison Pool</b> Served by Metro Bus #317	13401 Meridian Ave N 206-684-4979
<b>Meadowbrook Pool</b> Served by Metro Bus #64 & 65	10515 35th Ave NE 206-684-4989
<b>Medgar Evers Pool</b> Served by Metro Bus #3, 4, & 48	500 23rd Ave E 206-684-4766
<b>Queen Anne Pool</b> Served by Metro Bus #3, 4, & 13	1920 1st West 206-386-4282
<b>Rainier Beach Pool</b> Served by Metro Bus #7, 36, 42, 48, 106, & 107	8825 Rainier Ave S 206-386-1944
<b>Southwest Pool</b> Served by Metro Bus #22	2801 SW Thistle 206-684-7440

**A Float Test may be taken at any of the above city pools.  
Personal Identification is required.**



## FLOAT TEST

Every Seattle Parks and Recreation participant must successfully pass a float test prior to the first water session of a small craft class. The float test is valid for three years. Float tests may be taken at any swimming pool while under the supervision of a lifeguard certified by the American Red Cross.

Identification is required. You must float, tread water, or swim in place for ten minutes, in deep water while wearing long pants and a long sleeved shirt. In the final minute of the test you must put on a life vest while continuing to tread water.

## Pool Fees

### Recreation Swimming

Infants (under 1 yr)	FREE
Youth (18 & under)	\$2.25
Recreation Punch Card	\$20.00
Adult	\$3.25
Seniors (65+)/Spec. Pop.	\$2.25

### Fitness

Fitness Punch Card	\$30.00
Lap Swim, Adult	\$3.75
Lap Swim, Senior	\$2.50

Water Exercise & Hydrofit  
Masters Training  
Aqua Jogging

Adults	\$3.50
Seniors	\$2.50

### RECREATION SWIM PASS

(\$22 value)	\$20.00
--------------	---------

### FITNESS PASS

(\$33 value)	\$30.00
--------------	---------

### MONTHLY SWIM PASS

Adult FAST Pass	\$45.00
Senior/Youth FAST Pass	\$35.00

Fees are subject to change without notice.

## BOAT LAUNCH INFORMATION

### LOCATION

Don Armeni Boat Ramp	1228 Harbor Avenue SW
Warren Magnuson Boat Ramp	Sandpoint Way & NE 65th
Eddie Vine Boat Ramp	8500 block of Seaview Ave N.
Stan Sayres Boat Ramp	3800 Lake Wa Blvd S.
Atlantic City Boat Ramp	Seward Park Ave & S Henderson
14th Ave Northwest Boat Ramp	45th & 14th Ave NW
Sunnyside Boat Ramp	2401 N Northlake Way

### Annual Boat Launch User Permits

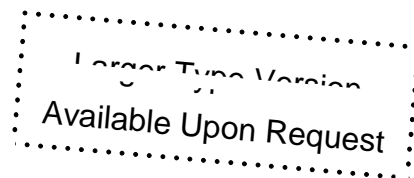
The purchase of a permit is a time and money saving way to use any of Seattle's major boat ramps. The cost of the "Day Use Only" permit is **\$80** while a pass with "Overnight Privileges" is **\$110**. Either pass is valid through December 2003. Call 206-684-7249 or 206-684-4081 to order your permit.

### Fees

Day Fee:	\$5
Overnight Fee:	1 Night \$12   2 Nights \$19
	3 Nights \$26   4 Nights \$33 - Max 4 nights

Fees are subject to change without notice.

# Registration Instructions:



## HOW TO REGISTER:

1. Complete the appropriate seasonal registration form.
2. Enclose payment. Please make checks or money orders payable to "Boating Council". For Visa, MasterCard or American Express, please fill out credit card information on registration form. All numbers are shredded after processing.
3. Mail to:  
Mt. Baker Rowing and Sailing Center  
3800 Lake Washington Blvd S  
Seattle, WA 98118  
Phone: (206)-386-1913  
Fax: (206)-386-1914
4. **As space is limited, we encourage you to sign up early—at least seven days in advance of the first day of class.** Although we sometimes accept late sign-ups, you may be disappointed if a class is full or was cancelled due to a lack of participation.
5. Senior Citizen Discount of \$.80/hour class, available to adults ages 65 and older.
6. FALL 2003 - Walk-in and Mail-in Registration only through September 5; after this date, phone-in and fax-in registrations will also be accepted.
7. SPRING 2004 - Walk-in and Mail-in Registration will begin December 10. Phone-in and Fax-in registration will also be accepted starting Jan 29, 2004. All Spring 2004 prices are subject to change without notice.

## SPRING 2004 REGISTRATION FORM - accepted after 12/10/03

ADULT NAME (Last) \_\_\_\_\_ (First) \_\_\_\_\_ DATE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE (e) (\_\_\_\_) \_\_\_\_\_ (d) (\_\_\_\_) \_\_\_\_\_ (Emergency) (\_\_\_\_) \_\_\_\_\_  
E-mail: \_\_\_\_\_

**ASSUMPTION OF RISK AND RELEASE FORM:** Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate. Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature for anyone 17 years old or younger

PARTICIPANT'S NAME		Birth Date	EO *	Sex	Class Number	Class Fee	OFFICE USE ONLY
Last	First						
TOTAL							

\*ETHNIC ORIGIN: Information is used for statistical purposes and is not required for participation.  
A=Asian; B=Black/African American; H=Hispanic; N=Native American; W=Caucasian; O=Other

### Complete the following information if for payment:

Paying by check payable to "Boating Council": Check Number: \_\_\_\_\_

Paying by credit card: Type(circle) Visa MasterCard AmExpress  
Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name as Shown on Card: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_



Original Only - No Copies  
accepted or provided

# FLOAT TEST

Every participant must successfully pass a float test prior to the first water session of a small craft class. It is also a membership requirement for boating organizations sponsored by the Seattle Department of Parks and Recreation. In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for ten minutes. In the final minute of the test you must put on a life vest while continuing to tread water. A ten-minute float test is valid for three years.

Float tests must be taken at any swimming pool under the supervision of a lifeguard certified by the American Red Cross. Regular pool admission is charged.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

The above named individual has successfully passed a float test as required for participation in a small craft program sponsored by Seattle Parks and Recreation.

VALIDATION STAMP



SWIMMING POOL / OFFICE USE ONLY

☐ Identification Verified: \_\_\_\_\_

Date: \_\_\_\_\_

Lifeguard name: \_\_\_\_\_

Signature: \_\_\_\_\_



## FALL 2003 REGISTRATION FORM

ADULT NAME (Last) \_\_\_\_\_ (First) \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (e) (\_\_\_\_) \_\_\_\_\_ (d) (\_\_\_\_) \_\_\_\_\_ (Emergency) (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

**ASSUMPTION OF RISK AND RELEASE FORM:** Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate. Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian signature for anyone 17 years old or younger

PARTICIPANT'S NAME		Birth	EO	Sex	Class	Class Fee	OFFICE USE ONLY
Last	First	Date	*		Number		

\*ETHNIC ORIGIN: Information is used for statistical purposes and is not required for participation.  
A=Asian; B=Black/African American; H=Hispanic; N=Native American; W=Caucasian; O=Other

TOTAL

--

**Complete the following information if for payment:**

Paying by check payable to "Boating Council": Check Number: \_\_\_\_\_

Paying by credit card: Type(circle) Visa MasterCard AmExpress  
Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name as Shown on Card: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***Fall 2003 & Spring 2004 Brochure  
Mt. Baker Rowing and Sailing Center***

SEATTLE PARKS AND RECREATION  
c/o Mount Baker Rowing & Sailing Center  
3800 Lake Washington Blvd South  
Seattle, WA 98118

Change Service Requested

PRESORTED STANDARD  
U.S. POSTAGE  
**PAID**  
SEATTLE, WA  
PERMIT #900